

## PSYCHOLOGICAL ASPECTS OF PERSONALITY SELF-REALIZATION

*Pinska Olena*, Candidate of Pedagogical Sciences, Associate Professor of the General and Age Psychology Department, Kryvyi Rih State Pedagogical University, Kryvyi Rih  
E-mail: [pinskayaklava@gmail.com](mailto:pinskayaklava@gmail.com)  
ORCID: 0000-0003-2558-6805  
DOI: 10.32342/2522-4115-2022-2-24-11

*Keywords: self-actualization, self-realization, aspect, goal, value, value orientations, sense, goal setting, implementation of the goals process.*

In modern conditions of socio-economic and political development of society, there is an acceleration of changes presented in all spheres of human activity. In order to internally correspond to modern reality, a person must not only adapt to a new situation but also be able to change it, changing and developing at the same time. These new objective circumstances put a person in front of the need to solve complex questions related to the search for oneself, with the determination of one's capabilities, with a subjective choice related to the problem of self-realization, the formation of a need for it, the creation of conditions that contribute to the transfer of self-realization from potential to actual state.

The aims of the article is to reveal the essence of individual self-realization, theoretical analysis and systematization of psychological aspects of personals self-realization in their interrelationship and interdependence.

The study uses methods of content analysis, generalization and specification, as well as modelling of the person's self-realization process.

It has been established that self-realization is considered in psychology as a conscious process of deployment and growth of a person's essential forces, their creative abilities, skills, needs, motives, and life values, as a person's realization of themselves in life, in everyday activities through their own efforts, co-creation, co-operation with other people, as the search and affirmation of one's special path in this world, one's values at every given moment of one's existence.

It has been shown that in psychological research, scientists considering self-realization focus on the multifaceted nature of this phenomenon and highlight in its structure a system of concepts (goal, value, sense, need, creativity, process, result, etc.), appearing as psychological components of self-realization, each of which carries a certain meaningful load and can be the subject of independent research as a psychological aspect of the problem of person's self-realization. In our study, the target and valuable psychological aspects of person's self-realization were singled out as key ones.

Based on the activity approach, it has been revealed that self-realization is considered as an activity aimed at a person's creation of their life, themselves, and acts as their inner subjective sense. Like any activity, self-realization requires a person to learn, first of all, to set goals that reflect the ideal image of the result to be achieved in the process of self-realization. However, not every activity becomes self-realization. It is an activity in which goals are consciously set by the subject themselves and their own essential powers are realised. That is, the conscious setting of the goal of their activity by the individual is a necessary condition for self-realization. At the same time, the success of self-realization is determined by the individual's awareness and acceptance of social goals as personally significant.

It has been emphasized that the basis for setting the goals and tasks of self-realization are values – a concept that is used to denote objects, phenomena, their properties, and abstract ideas which embody social ideals and, thanks to this, act as a standard of what the appropriate one is.

It has been highlighted that the foundation of human formation is social values as moral imperatives of aesthetic, religious, philosophical ideas, legal norms, political beliefs, and generalized ideas about the purpose and norms of behaviour. But every person has an individual, specific hierarchy of personal values, which acts as a connecting link between the spiritual culture of society and the spiritual world of the individual.

Personal values are a derivative of social ones; only after passing them through one's own experience and being convinced of their expediency and necessity, a person establishes them in their consciousness in the form of value orientations, which are defined as the orientation of the individual towards certain or other values of life. Value orientations are manifested in goals and beliefs, and are realized in the process of life; significant individuals influence interests, attitudes, and needs, determining the motivation of actions and deeds and are confirmed by the life experience.

It has been concluded that the personal value orientations are shaped only in the process of individual assimilation of values external to the subject, which will become internal for them when they are realized, emotionally "experienced". Acting as a basis for setting the goals and tasks in the self-realization process, value orientations determine the vector and effectiveness of this process, and act as a kind of measure of

its productivity. The awareness and implementation of objective values by an individual in their activities during life are connected with integral self-realization.

In the article, the prospects for further scientific research regarding personal parameters that determine the productive self-realization of an individual are outlined.

### References

Abulkhanova-Slavskaya, K.A. (1991). *Strategiia zhizni: metodicheskiie problemy psikhologii* [Life strategy: methodical problems of psychology]. Moscow, Mysl Publ., 229 p. (In Russian).

Ball, H. O. Concept of self-actualization of personality in humanistic psychology. *Psychology and society*, 2017, no. 2, pp. 16-32. (In Ukrainian).

Bekh I. D. *Dukhovni tsinnosti v rozvytku osobystosti* [Spiritual values in personality development]. *Pedahohika i psykhohohii* [Pedagogy and psychology], 1997, no. 1, pp. 121-129. (In Ukrainian).

Frankl, V. (1959). *Man's Search for Meaning. An Introduction to Logotherapy*, Boston, Beacon Press, 372 p.

Herasyimiv, T.Z. *Samorealizatsiia osobystosti yak protses usvidomlenoho i tsilespriamovanoho rozkryttia sutnisnykh syl* [The self-realization of the individual as a process of conscious and purposeful disclosure of essential power]. *Visnyk Kharkivskoho natsionalnoho universytetu imeni V.N. Karazina* [Bulletin of Karazin Kharkiv National University], vol. 872, Issue 2(b), pp. 53-57. (In Ukrainian).

Kroshka, O. I. *Suchasna psykhohohichna nauka pro emotsiino-otsinne stavlennia do sebe i zhyttievo-tsinnisni oriientsii* [Modern psychological science about the emotional and evaluative attitudes towards oneself and life-value orientations]. *Naukovyi visnyk PDPU imeni K.D. Ushynskoho* [Scientific bulletin of Ushinsky SSPU], 2008, no. 6-7, pp. 48-52. (In Ukrainian).

Leontiev, D. A. (2007). *Psikhologiiia smysla: priroda, stroieniie i dinamika smyslovoi realnosti* [Psychology of sense: nature, structure and dynamics of meaningful reality]. Moscow, Smysl Publ., 511 p. (In Russian).

Maksymenko, S.D., Osodlo, V.I. *Struktura ta osobystisni determinanty profesiinoi samorealizatsii subiekta* [The structure and personal determinants of the subject's professional self-realization]. *Problems of Modern Psychology*, 2010, vol. 8, pp. 3-19. doi: 10.32626/2227-6246.2010-8.%25p (In Ukrainian).

Maslow, A.H. (1968). *Toward a Psychology of Being*. New York, D. Van Nostrand Company 10 Publ., 240 p.

Nikolenko, L.M. The social importance of value orientations of a person in professional formation of a correction teacher. *Bulletin of Alfred Nobel University. Series: Pedagogy and Psychology*, 2018, vol. 1 (15), pp. 162–168. doi: 10.32342/2522-4115-2018-0-15-162-168 (In Ukrainian).

Shapar, V. B. (2007). *Suchasnyi tlumachnyi psykhohohichnyi slovnyk* [Modern explanatory psychological dictionary]. Kharkiv, Prapor Publ., 587 p. (In Ukrainian).

Sokhan, L.V., ed. (1987). *Zhiznennyi put lichnosti: Voprosy teorii i metodologii sotsialno-psikhologicheskyykh issledovaniy* [Life way of personality: Questions of theory and methodology of socio-psychological research]. Kyiv, Naukova dumka Publ., 281 p. (In Russian).

Tytarenko, T., Panok, V., Chepelieva, N. (1999). *Zhyttievyi shliakh osobystosti. Osnovy praktychnoi psykhohohii* [Life way of personality. Bases of practical psychology]: textbook. Kyiv, Lybid Publ., 536 p. (In Ukrainian).

Одержано 25.10.2022.